

# ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 36

Fort Wainwright, Alaska

September 7, 2012



## Soldier, athlete, husband and dad: Spotlight on Master Sgt. Paul Wayfield

Allen Shaw, Fort Wainwright PAO

He often starts out a newcomers briefing with “Do you want the good news or the bad news?” And although the crowd usually beckons for the bad, there isn’t any. He’s just a good news kind of guy with a positive attitude. He loves his Family, the Army and he loves to run.

Master Sgt. Paul Wayfield, a senior human resources sergeant originally from Fort Lauderdale, Fla., currently assigned as Equal Opportunity Advisor to Fort Wainwright is married to Laura, a Department of Defense contract specialist, and has two daughters. Nicole is a sophomore at the University of Alaska Fairbanks and Emily, a fifth-grader at Pearl Creek Elementary.

The Wayfield family recently traveled to Anchorage to compete in the Big Wild Life Run, Aug. 19. “We love the race course, the running community and atmosphere in Anchorage,” he said. “I placed eighth overall (in the half marathon at 1:23:33), second in my age group and ran the Kids’ 2K event with my daughter, Emily, the day prior.” His wife and two daughters ran the 5K (Sunday) and handed out medals at the finish line.

“Paul is our nucleus for getting out there and staying active,” his wife said, “He helps the whole Family by motivating all of us to get out there and just do it no matter if we run, jog or walk.” They often



The running Wayfield Family recently traveled to Anchorage to compete in the Big Wild Life Run, Aug. 19. From left to right, Nicole, Emily and Laura ran the 5K, while Paul finished the half marathon, placing eighth overall and second in his age group. (Courtesy photo)

See **WAYFIELD** on page 5

## Suicide prevention: A healthy force is a ready force

Kirk Frady, Army Medicine

The Army has designated September as Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Sept. 10-14, and World Suicide Prevention Day, Sept. 10.

The Army will expand its observance with events occurring during the entire month of September, focusing efforts on total Army Family well-being, resilience, stigma reduction, and positive results achieved by getting involved and reaching out for help.

“We are committed to every Soldier and our efforts are focused on prevention well before the individual chooses suicide as their only option,” said Lt. Gen. Patricia D. Horoho, Army Surgeon General and Commander of the U.S. Army Medical Command.

To reduce the number of suicides, the Army is taking a holistic approach to health promotion, risk reduction, and suicide prevention. It takes into account the challenges derived from financial, relationship, legal, substance abuse, and medical issues. The Army has partnered with the National Institute of Mental Health, or NIMH, to conduct the largest behavioral health study of risk and

resilience factors among military personnel.

Agencies and organizations throughout the Army are planning appropriate educational activities to observe the Army’s Suicide Prevention Month. The Department of the Army will sponsor a health fair in the Pentagon Courtyard, Sept. 12-13, with representation from various government and non-government agencies. Similar activities will occur throughout the Army.

Former NFL player Herschel Walker will attend the health fair to share his testimony with attendees. A Suicide Prevention webpage has been established on the Army Suicide Prevention website to facilitate suicide prevention training and resource needs at [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil).

Public Service Announcements with senior leaders’ messaging have been developed and disseminated throughout the Army to support Army leaders. A stand down has been directed by Vice Chief of Staff of the Army Gen. Lloyd J. Austin III for Sept. 27. The theme for the stand down is “Shoulder to Shoulder, We Stand up for Life.”

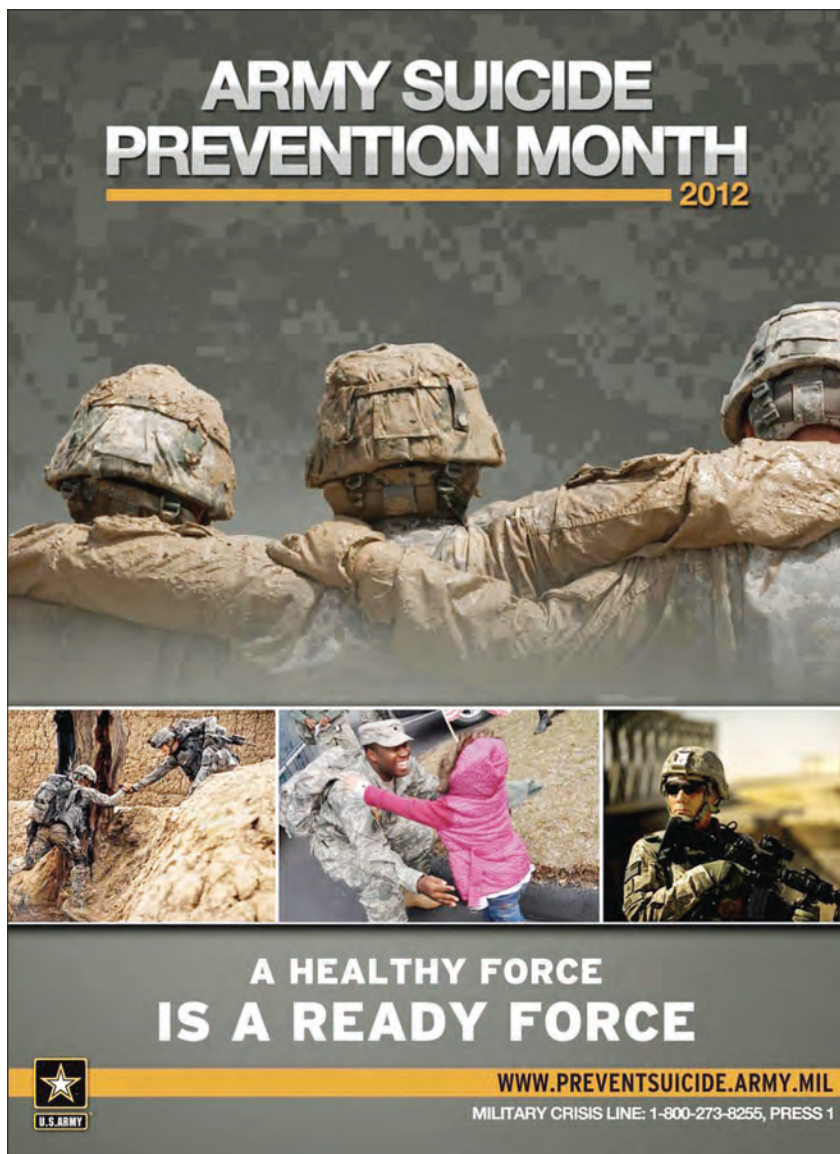
“Leaders across our Army recognize that the health of our Soldiers, Army civilians, and Family members is a top

priority,” Austin said. “We remain committed to doing what is needed to care for our most precious asset -- our people -- thereby ensuring a healthy and resilient force for the future.”

Defeating suicide will take active involvement from everyone. Civilian and military research on suicide has demonstrated that it is a complex phenomenon which defies easy solutions. The Army has expanded access to services and programs to help Soldiers and Family members improve their ability to cope with the stresses associated with military service (i.e. separation, deployments, financial pressures, etc.).

The increased use of these services indicates that Soldiers and Families are using these programs. For example, the number of Soldiers that have been seen in behavioral health clinics has steadily increased over the past five years, the total number of behavioral health clinic visits increased, and the number of Soldiers that participate in Strong Bonds marital retreats has increased. These types of programs are geared toward getting the Army out “in front” of the suicide, and will ultimately

See **PREVENTION** page 3



The Army has designated September as Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Sept. 10-14, and World Suicide Prevention Day, Sept. 10. (U.S. Army Graphic)

### WEEKEND WEATHER



#### Friday

Decreasing clouds  
Highs in the 50s  
Lows: mid-30s  
Light winds



#### Saturday

Partly cloudy  
Highs: mid-50s  
Lows: mid-30s



#### Sunday

Mostly sunny  
Highs around 50  
Lows: mid-30s

### BRIEFS

#### Child care costs

Changes to child care fees are coming in October and will have an effect on those who use the services of School Age Center facilities, Child Development Centers and other Child, Youth and School Services programs. Contact your local provider for more information.

#### Fall in for football at the Warrior Zone

Sundays at 9 a.m.  
Catch all the NFL games on multiple big screen TVs.  
Can you predict the winners better than Allen Shaw?  
See **SPORTS** page 5 and share your thoughts at [www.facebook.com/fortwainwrightPAO](http://www.facebook.com/fortwainwrightPAO).

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SN/ BIRCHWOOD HOMES



# NEPA Act gives voice to citizens wanting to protect the environment

**Carrie McEnteer**, Fort Wainwright, Department of Public Works

If you’re concerned with the implementation of projects that have immediate impact on Alaska’s environment to the point you would like to voice your concerns, there is a federal law in existence that enables you to do just that.

The National Environmental Policy Act, or NEPA, was enacted in 1969 to ensure the federal government continuously takes into consideration the environmental concerns of its citizens during a project’s planning phase and before decisions on the project are made.

All federal agencies must comply with NEPA and evaluate the impacts on the environment of their actions that can range from renovating a building to building a gas pipeline, both from

their perspective and that of community members living in the area before they undertake an action.

The Army is not exempt from having to comply with the NEPA requirements of considering how its activities and actions may affect human health and the environment.

“For each of its actions, the Army in Alaska takes a hard look at the possible environmental consequences of carrying out a project,” said Cliff Seibel, Fort Wainwright Environmental Division chief. “The Army is also interested in how its community members feel toward projects that have an impact on the environment. This community member input is shared with Army decision-makers, who consider it in combination with social, economic, technical and national security interests when deciding how

to proceed with a project.”

NEPA was enacted because citizens can often provide valuable information about places and resources that could be impacted by a project. “NEPA creates a forum for the public to let agencies like the Army know what their concerns are. In turn, the federal government is able to better consider the consequences of its actions on those places and resources of most value to the people,” Seibel said.

Often, opportunities for citizen input are presented in the form of paper documents such as an Environmental Impact Statement. As these documents can be technical and lengthy, a commitment of time and willingness on your part to share information is required. The ultimate pay-off, however, can be the satisfaction of voicing your concerns, participating in the process and

helping an agency make informed decisions.

NEPA helps you understand what projects the federal government is developing. It also offers you opportunities to share your thoughts on alternative ways for an agency to accomplish a project.

Ultimately, NEPA encourages you to provide comments on the project’s impact on the environment.

For more information on the Army’s NEPA actions in Alaska, visit the U.S. Army Garrison Fort Wainwright’s NEPA homepage at: [www.wainwright.army.mil/env/NEPA/NEPA\\_Home.html](http://www.wainwright.army.mil/env/NEPA/NEPA_Home.html).

This article is supported by the following guidance: Council on Environmental Quality, Executive Office of the President, A Citizen’s Guide to the NEPA: Having Your Voice Heard, December 2007.

# The start of the school year is a great time to teach better manners

**Trish Muntean**, Fort Wainwright PAO

Many years ago, I worked in an elementary school for a short time. I quickly learned there is almost always at least one child in each classroom whose lack of manners made it difficult for everyone to learn.

One teacher told me a child entering kindergarten should have knowledge of not just the alphabet, basic colors and the ability to count to 10, but some basic manners as well. She also told me she could tell in just a few minutes if a child was going to be her “problem child” for the year.

Why do I feel a need to tell you about this now? I was out and about this weekend and was shocked and saddened to see how rudely some children were behaving.

With September being not just the start of a new school year, but “teach your children good manners month” (an unofficial holiday no doubt started by teachers), it is a great opportunity to help them learn the habits they will carry into their adult lives. And since we know that kids tend to imitate what they see, it is a good chance

to brush up on your manners too.

While I am no expert in any way (in fact, I have had no training in this field at all), I raised my child the same way I was raised and have been told by a variety of people (including his drill sergeant and in-laws, people you would never expect to hear praise from) what a great young man he has turned out to be.

As with most things, when teaching good manners you should start with the basics: Please and thank you. If you want something when a child asks for it, make sure they say “please;” if they don’t, remind them of the requirement and don’t even reach for what they want unless they ask properly. When it is given to them, they need to say “thank you” every time.

Family dinners are a great place to practice that skill and a few others as well. Everyone should be at the table together with nothing like books or toys to distract them. The television should be off. If the kids don’t want to make conversation, try to treat it like a dinner party with the parents as hosts to get their participation. If the kids still don’t want to talk, make them sit

there until everyone else is done anyway. It is rude to do otherwise and it will help them learn patience.

Teach them how to set a proper table, what each plate and utensil is used for, how to pass food and that one should always ask if there is anyone else who wants the salt and pepper after using it themselves, instead of just setting it by their own plates.

Patience truly is a virtue, and something needs to be learned at an early age. It is a skill that will be used throughout life. A good way to start teaching this habit is not to give in to every one of your child’s whims, no matter how much they scream and kick, or embarrass you in a public place. Oh, and by the way, parents telling their children not to make a scene or saying “I’m going to count to three...” time after time are making more of a scene than the children themselves.

Something else I felt was important to teach David at an early age which he continues to use as a life-skill, is the proper way to interact with people. Starting at about school-age, I taught him to stand when an elder enters the room, greeting the adult with a handshake and offering a smile and his name - “Hi, my name is David, it

is nice to meet you” - when meeting for the first time. In visits after the first it was ok just to stand until the elder or superior told him to relax.

If he was a guest at a friend’s, his instructions were to always check in with the parent first to ensure it was ok for him to be there, and before leaving he was to make sure he cleaned up whatever messes he may have contributed to (be it snacks or playthings) and find the parent again to say thank you for allowing him to visit.

I have no doubt that what I see as basic good manners are some of the habits that made him a bit less scary to the parents of young women he dated and seem like a good risk to potential employers as an adult. The time I spent “training” him, in my opinion was time well spent.

As I said above, I am definitely not an expert on this subject, but just telling you what worked for me. If you’re reading this and thinking it is a subject you want to explore further there is a lot of information about it available in books and online. If you need more extensive help with parenting skills call the Child and Family Assistance Center at 361-6284 or 361-6059.

## Fleece for the flock

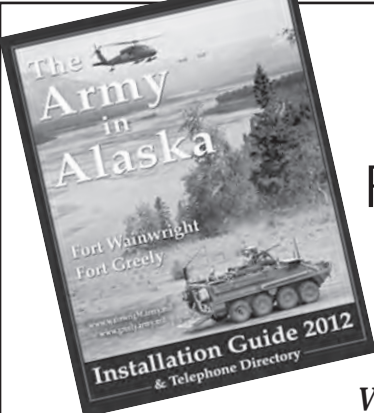


Chapel volunteers are key to success of programs and supporting the community on and off-post. The Fort Wainwright Community of Faith helps families prepare for winter with warm greetings and warm clothing. More than two dozen families with children turned up during the four-hour event Aug. 18 at the Southern Lights Chapel. Many dedicated volunteers contributed to the success of the event, said Robert Aufer, religious education director. (Photo by Robert Aufer/Religious Education)

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ALASKA POST

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EDITORIAL STAFF

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**U.S. Army Garrison Fort Wainwright PAO**  
*Linda Douglass*

**Command Information Chief**  
*Connie Storch*

**Editor**  
*Brian Schlumbohm*

**Staff writers**  
*Trish Muntean*  
*Allen Shaw*

**Contributors**  
*Kirk Frady, Army Medicine*  
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*Eric Kowal, U.S. Army Research,*  
*Development and Engineering Command*  
*Carrie McEnteer, Fort Wainwright, Department of Public Works*  
*Lt. Gen. Michael Ferriter, commanding general, U.S. Army Installation Management Command*

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The ALASKA POST – Home of the Arctic Warriors



# Message to the IMCOM workforce

Lt. Gen. Michael Ferriter and Cmd. Sgt.Maj. Earl Rice, Installation Management Command

The Installation Management Command has the best workforce we have seen in each of our 30-plus years of service. At every installation, base and depot we visit, we are impressed by the spirit, energy and teamwork exhibited by the IMCOM team.

We are just as inspired by the dedicated professionals in the IMCOM and region

headquarters, who oversee operations that stretch around the globe from Japan and Korea, across the continental United States, to Europe, and even into bases in Afghanistan. Simply said, no one touches our Soldiers, our Army Families and our civilian workforce and retirees like we do every day.

In August, we marked the 10th anniversary of the installation management team-first IMA and then IMCOM. That means we have experienced 10 years of evolution

in our mission, our workforce and our methods of installation service delivery.

Those who have been with the organization all or most of that time know it has been a constant learning experience in a business with really high stakes: the quality of life of our all-volunteer force. Sustaining such a high-quality force relies heavily on us, the installation management professionals, succeeding in our mission.

See IMCOM on page 6



Lt. Gen. Michael Ferriter, commanding general, U.S. Army Installation Management Command and assistant chief of staff for IMCOM, speaks to members of the Fort Wainwright garrison about customer service and the professionalism standards to be a world class service organization, June 21, 2012. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

# Prevention: “Suicide is the toughest enemy we’ve faced”

Continued from page 1

help lower suicide rates.

“Despite the tough enemies our Army encountered in Iraq and Afghanistan, suicide is the toughest enemy we’ve faced, and I’m confident we will defeat this enemy,” said Joseph Westphal, undersecretary of the Army. “I’ve served as a senior leader in the Army and various capacities, across several administrations, and I have never seen a challenge that, when Army leadership put their minds to it, they weren’t able to address it successfully.”

Stigma toward seeking behavioral health support is a national problem which the Army takes very seriously. Numerous surveys indicate that some Soldiers are reluctant to seek help because they view it as a sign of weakness, or they believe their leaders will view it as a sign of weakness.

However, over the past several years there has been a decrease in the percentage of Soldiers that hold these views. At the same time, the number of Soldiers who are using treatment programs such as behavioral health and substance abuse has steadily increased which indicates Soldiers are overcoming those stigma barriers. It will take time to change this culture, but through

actions and example, Army leaders are beginning that transformation.

Army leaders have developed and implemented numerous initiatives to address the issue of stigma as it relates to seeking behavioral (mental) health services including:

The co-location of behavioral health and primary healthcare providers (Respect-Mil and Medical Home Model) within medical service facilities.

Stigma reduction messaging is included in all suicide prevention training videos.

Strategic communications initiatives launched to promote help-seeking behavior for Soldiers and their Families (to include PSAs using celebrities as well as Army leaders).

Policy revisions have been promulgated to discontinue use of the term ‘mental’ when referring to mental health services and replace it with ‘behavioral’.

Continued exploration of opportunities to employ confidential behavioral health and related services.

The Army has expanded its Applied Suicide Intervention Skills Training, or ASIST, efforts and developed and fielded a number of training tools to fa-

cilitate units’ training. Other resources include ACE cards, Suicide Prevention Training Tip cards, Leaders’ Guides and videos. Additional resources may be accessed on the Army G-1, Suicide Prevention website.

Other programs designed to combat suicide include the Comprehensive Soldier and Family Fitness, or CSF2, program, which the Army instituted in 2012. CSF2 an update to the Comprehensive Soldier Fitness program, which equips and trains Soldiers, Family members and Army civilians for the

psychological as well as physical rigors of sustained operations.

The CSF2 training equips individuals with valuable life skills which helps to better cope in stressful situations, bounce back from adversity, and avoid self-defeating behavior. CSF2 resilience training will help commanders with “Health of the Force” issues to include suicide prevention.

For assistance, Soldiers and Family members can contact the National Suicide Prevention Lifeline/Military Crisis Line at 1-800-273-TALK (8255).

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Fairbanks youth earns scholarship for work on Fort Wainwright



Stacey Garbett, 18, recently earned a scholarship from “Summer of Heroes,” a statewide program that recognizes outstanding youths. Garbett, whose parents work on Fort Wainwright, created the “Home for Hero” project turning four Warrior Transition Battalion rooms into hospitality suites with supplies and decorations. (Courtesy photo)

Allen Shaw,  
Fort Wainwright PAO

The Interior of Alaska is known as a military friendly community. Some are subtly supportive, while others exhibit actions considered truly heroic. Stacey Garbett, an 18-year-old Girl Scout from Fairbanks, is one of those individuals who took that support to another level.

Garbett was honored as one of the 2012 Summer of Heroes scholarship recipients during the Alaska State Fair in Palmer Aug. 26. Annie Drury, spokesperson for Alaska Communication, who partnered with the Boys and Girls Clubs of Alaska, said the program recognizes and rewards Alaskan youth who are making a difference in their communities.

Garbett’s mother, Ruth, a retired military veteran and nurse care manager, B Company, Warrior Transition Battalion, Medical Department Activity-Alaska said, “Stacey learned that this battalion’s injured Soldiers were being evacuated from Afghanistan and placed in empty barracks.” As part of a Girl Scout ‘gold’ endeavor, the young Garbett launched the Home for Hero project. Soliciting support from local businesses and saving her own money from dog sitting, she created four relaxing hospitality suites

at the battalion lodging on post, “that would allow the veterans to decompress and focus their attention on treatment. Service to country and community has always been important in our lives and it was great to see her plan, present and overcome obstacles to make this happen,” she said.

“I learned that shopping in crowded places is challenging for Soldiers experiencing post-traumatic stress,” Stacey Garbett said. To alleviate that she put extra hygiene supplies in the bathrooms and stocked the kitchens with quick meals and “comfort foods.” Garbett also made up the beds with cozy blankets, handwritten cards of encouragement and even put chocolates on the pillows. She said, “I thought it was important to make them feel comfortable and have good memories before moving on to another duty station.”

“It’s great to be able to take a Soldier who has been in a traumatic situation and put them in a fully outfitted room,” said Sgt. 1st Class John Knott, 2nd Platoon squad leader, B Company , WTB, MEDDAC-AK. “When a Warrior in Transition walks in, they immediately have a sense of home. It’s fully stocked with food and toiletries, which also eases the burden of having to shop for this stuff on their own.”

Many of the Soldiers who

become Warriors in Transition have been through a traumatic situation. They are often transported from a combat zone, to a hospital or transient recovery area. Col. Dennis LeMaster, commander, MEDDAC-AK said, “When traveling, Soldiers always want to go home. Each new hotel or tent or billet seems a further step away from home. Miss Garbett’s generosity has given Soldiers a home to return to while they embark upon a challenging journey of recovery. She has provided a sense of warmth, comfort and hope by turning these billets into homes.”

Garbett learned to stand on her own two feet as a military Family member. She loves being part of a small community like Fairbanks, “a military town,” she said, “with many heroes, where everyone helps everyone.” She added that the businesses she approached were very generous.

The avid ballroom dancer and creative writer hopes to be a second-grade teacher someday. Her advice to other aspiring Alaskan youth heroes is to always keep your head up. “Sometimes you have a rough day or rough week and you may want to throw in the towel,” she said. “In the end, you need to make yourself a role model. People are always watching and you could make a difference in someone’s life.”



Although the barracks rooms at the Warrior Transition Battalion are clean, comfortable and accessible, the efforts of Stacey Garbett, said Col. Dennis LeMaster, commander, Medical Department Activity-Alaska, “provided a sense of warmth, comfort and hope by turning these billets into homes.” (Courtesy photos)



Bathrooms in the Warrior Transition Battalion barracks are fully-accessible (left), but were plain until Garbett added a matching shower curtain, rugs, towels and fully stocked the shelves with toiletries including toothbrushes, soap, shampoo and other necessary hygiene products. (Courtesy photos)



The Warrior Transition Battalion barracks rooms have modern facilities although it is usually the responsibility of the Soldiers to provide necessary utensils and supplies. After Garbett’s project (right), four of the kitchens were stocked with plates, bowls, cups, cooking utensils and “comfort” foods. (Courtesy photos)



When Soldiers are brought to the Warrior Transition Battalion they are given a clean, comfortable barracks room (left). Thanks to the efforts of Stacey Garbett and the Home for Heroes project, a plain room can take on the feeling of home with sheets, pillows, a comforter and television. (Courtesy photos)



# The NFL entrée: That’s what I’m talking about

Allen Shaw, Fort Wainwright PAO

The National Football League served up a lovely appetizer Wednesday as the Super Bowl Champion New York Giants took on the Dallas Cowboys in the season opener from the Meadowlands.

In a game where both teams had to shake off early season jitters or off-

season rust, the Cowboys did a much better job in the second half to salvage a 24-17 victory. Dallas QB Tony Romo connected with wide receiver Kevin Ogletree, who had eight catches for 114 yards and two touchdowns. Romo threw for 307 yards and three TD’s.

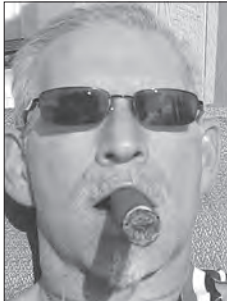






The main course will be served Sunday when a full course of the games will be played, with a double dessert

Monday evening. Check local listings for games and times.

This week’s matchups are: (Sunday) Indianapolis Colts at Chicago Bears, Atlanta Falcons at Kansas City Chiefs, Philadelphia Eagles at Cleveland Browns, Washington Redskins at New Orleans Saints, St. Louis Rams at Detroit Lions, New England Patriots at Tennessee Titans, Jacksonville

Jaguars at Minnesota Vikings, Buffalo Bills at New York Jets, Miami Dolphins at Houston Texans, Seattle Seahawks at Arizona Cardinals, San Francisco 49ers at Green Bay Packers, Carolina Panthers at Tampa Bay Buccaneers, Pittsburgh Steelers at Denver Broncos, (Monday) Cincinnati Bengals at Baltimore Ravens, San Diego Chargers at Oakland Raiders.

## Prognosticators – football predictions for fun and braggin’ rights

						
<b>A-Team</b>	<b>Brain</b>	<b>Browbrose Salsa</b>	<b>Bear</b>	<b>Urbi</b>	<b>Jones Bros</b>	<b>Tate</b>
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# Paralympic Games motivate U.S. wounded warriors

Sgt. 1st Class Tyrone C. Marshall Jr., American Forces Press Service

A group of Europe-based wounded warriors took the opportunity to travel to London to observe the 2012 Paralympic Games.

Soldiers assigned to Warrior Transition Units, or WTUs, participating in adaptive reconditioning programs in Germany, Italy and Belgium received passes to London’s ExCel Centre to watch events such as table tennis and judo.

Christopher Ebner, the battalion occupational therapist for the Heidelberg, Germany-based Warrior Transition Battalion led a group of 17 wounded warriors and four clinical staff to the Paralympic Games.

“We started planning this trip, logistically, back in June,” he said. “[Thanks to] a very nice gift from the U.S. Paralympic Committee and the Wounded Warrior Project and Red Cross we were able to [bring] this trip to fruition.”

“The purpose of this trip is to focus on motivating all of our Soldiers who are participating in adaptive rehabilitation programs in our battalion as

part of their rehabilitation process,” Ebner said.

Once the Soldiers complete the process, Ebner said, they will either return to duty or transition back to the civilian sector.

“The other piece of that is having those Soldiers come to the Paralympic Games to witness, firsthand, the level of achievement these athletes are able to [reach, regardless] of their injuries,” he said.

Sgt. George Peterson, a heavy equipment operator assigned to Company C of the Warrior Transition Battalion, explained his motivations for seeing the games: “[I wanted to] see the Paralympic Games, see the players and see how they manage to deal with their disabilities,” he said. “It’s pretty awesome. We saw a lot of cool stuff and I’ve been waiting to come see the games.”

The athletes competing at the Paralympic Games “are amazing,” Peterson said.

“These guys aren’t just disabled athletes,” he said. “It’s incredible how they



Sgt. Justin Camp, a chemical specialist assigned to Company A, Warrior Transition Battalion in Europe, holds up a poster made by the Red Cross supporting U.S. Paralympic athletes during the Paralympic Games judo competition at the ExCel Centre in London, Aug. 30, 2012. (Photo by Sgt. 1st Class Tyrone C. Marshall Jr./American Forces Press Service)

See PARALYMPICS on page 7

# Wayfield: Spotlight on Soldier, athlete, dad

Continued from page 1

participate in fun runs on post and throughout Alaska. She said, “We also did the Disney World 5K as a Family and Paul, Nicole, Emily and I all finished together and stayed

together the whole time because our goal was to start as a Family and finish as a Family holding hands up in the air while crossing the finish line.”

Wayfield has been running since high school but he didn’t start run-

ning seriously until 2006. After knee surgery for an injury suffered during the Army Combative Instructor Course, he said, “I utilized my second deployment to get serious about recovery and running, just to prove the doctors wrong.”

They had given him a profile and said he would not run again.

For years he said he approached physical training like the typical young Soldier, running a 13:30-mile or better to maintain the high PT score. “However,” said Wayfield, “after conducting and applying research I began to see results and lower running times.” He now runs 30 to 35 miles a week, trying to mix it up with short and long tempo runs combined with speed work at least twice a week, “and of course pizza every Friday night.” His goal is to run the Army 10-miler in one hour or less and drop his half-marathon time to 1:15.

He admits he used to be that guy who only had to run four miles a year. Now he believes that whatever you do athletically, you should strive to do your best. “There is nothing worse than getting up in the morning, arriving at PT only to feel afterwards like you could have slept in. Heck, you’re already up, shut up and work out.”

Wayfield’s career goals are to retire from active-

duty in the next couple of years and hopefully continue working with Soldiers and Family members on Fort Wainwright. He said they want to stay here for a number of reasons. “The small town atmosphere, low crime rate and it’s a great place to raise children.”

His advice to those new to running, “Start slow and stay within your physical limitations,” Wayfield said, “Repetition and sound eating habits are the keys to running success. Remember, it is never too late to start running. Some of the fastest people I know are in their mid-40s.” His main goal athletically is to keep up with the young kids and stay injury free.

As someone who has been around the block a few times, literally and figuratively, he recommends Soldiers need to find time throughout the year to stop and reassess goals and ensure they are utilizing the benefits afforded to them, especially college. “The Army requires your very best,” Wayfield said, “You should require the same from the Army.”



After finishing first in his age group, Master Sgt. Paul Wayfield ran back out on the course during the 2012 Freedom Fest 5K Fun Run June 30 on Fort Wainwright, to accompany his daughter Emily across the finish line. (Photo by Connie Storch\Fort Wainwright PAO)



Friday - 7th

**EMOTION COACHING**, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**OUTDOOR ALASKA**, 5 p.m., Post Library, Building 3700. Call 353-2642.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**MOVIE NIGHT**, 7 to 9 p.m., School Age Center, Building 4166. Grades 3-6. Space is limited to 50 children. Pre-registration required. Call 361-7394.

Saturday - 8th

**CLEARWATER UPPER CHENA RIVER CANOE/KAY-AK**, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$20. Ages 16 and above. Call 361-6349.

**QUAD A RUN**, The Army Aviation Association of America is hosting their third annual “AAAA Run on the Runway – 5K” at 10 a.m. Call 353-0598.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**CHESS CLUB**, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**TEXAS HOLD’EM TOURNAMENT**, 6 p.m., Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday - 9th

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday – 10th

**ROMP AND STOMP PLAYGROUP: GREAT OUT-DOORS**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 11th

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**PARENTS’ NIGHT OUT**, 5:45 to 8:45 p.m., CDC I Building 4024. Register by August 31. Cost is \$12 per child. Call 353-7713.

**HOMEMADE BABY FOOD CLASS**, 6:30 to 8:30 p.m., CDC I, Building 4024. Call 353-7713.

Wednesday - 12th

**NEWCOMERS ORIENTATION**, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 13th

**ROMP AND STOMP PLAYGROUP: GREAT OUT-DOORS**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**UNCLE SAM DAY BOGO**, 11 a.m. to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Friday - 14th

**EMOTION COACHING**, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**A+ PARENTS- A+ STUDENTS**, 2 p.m., BCTC, Building 3437. Call 361-9377.

**“WE THE KIDS” STORY HOUR & CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 15th

**PARENTS’ DAY OUT**, 9 a.m. to 1 p.m., CDC I Building 4024. Register by Sept 7.Cost is \$16 per child. Call 353-7713.

**CUDDLE CURE CLASS**, 10 a.m. to noon, CDC I Building 4024. Call 353-7713.

**MAKE IT HOT SALSA COMPETITION**, 1 to 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**PUNT, PASS, & KICK**, Engineer Park. Call 353-7713.

Sunday - 16th

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

IMCOM: World-class installation services now and later

Continued from page 3

The installation management team has performed magnificently this year, just as it has in past years. Our ability to deliver services every day ensures our Soldiers and Families know we care about them and appreciate their service.

The entire Army is now affected by force and funding reductions. This means IMCOM will also reshape and reduce in size. This past year we accomplished all of our mandated reductions through voluntary actions. We also retrained and reassigned people within our IMCOM team to allow for personal growth and to keep our team together.

Even as we reduced our numbers, we approved for hire almost 2,000 positions across IMCOM. In fact, many of these are vacant and I invite you to the IMCOM Enterprise Placement Program to see what is there and if there is a position that interests you.

Our workforce development is second to none. Our IMCOM Academy, developmental assignments, the mentor program, career program 29, and schools such as the Civilian Education System and the senior service colleges are providing immediate and positive return on investment in shaping our team for the future.

As we move into the year ahead, my goal is to create even more certainty for you. I want IMCOM leaders at every level to increase communication to build understanding and certainty for our team. We’re getting ready for the next 10 years of world-class installation services, so we need to get it right now.

To all of our great civilians: thank you for your dedicated service. Have a super weekend a great week ahead.

Army Strong! Support and Defend  
*LTG Mike Ferriter*  
*CSM Earl Rice*



IMCOM Commander, Lt. Gen. Michael Ferriter and Command Sgt. Maj. Earl Rice visited the Vicenza Military Community Aug. 14. They visited numerous facilities recognizing exemplary employees and spoke to employees at a Town Hall meeting. (Photo by Julie M. Lucas/USAG Vicenza PAO)

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LEGAL NOTICES

**ESTATE NOTICE**

Anyone having claims against or who is indebted to the estate of Pvt. Jawuan Collins, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1Lt. Andrew S. Chung, Headquarters and Headquarters Company, 1-24th Inf. Bn., Fort Wainwright, Alaska, 99703, or call 353-3786 or e-mail *andrew.s.chung.mil@mail.mil*.

**ESTATE NOTICE**

Anyone having claims against or who is indebted to the estate of Spc. Ethan Martin of C Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 2nd Lt. Daniel Mullins, E Troop, 1-40th, 4-25th, 724 Postal Service Loop, 8400 Fort Richardson, AK 99505, or call (907) 384-1862.



EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update your address and/or phone number on your DEERS record by signing into, choosing “My Profile Information” and clicking “Update Address”. Scroll to the bottom and click “Submit” to add or update any of your contact information.

HOLLY DAYS AHEAD

The time to reserve table space for the 30th annual Holly Days Bazaar is now. This is a unique event as all of our vendors sell only handcrafted items. A wide variety of artisans and crafters attend this event every year. There are 92 spaces available and applications will be taken until spaces are filled. The registration is online at [www.wainwrightcsc.org](http://www.wainwrightcsc.org) or on Facebook; look for the 30th annual Holly Days Bazaar. For more information about the bazaar, contact [30thhollydaysbazaar@gmail.com](mailto:30thhollydaysbazaar@gmail.com)

ROAD CONSTRUCTION

Crews will close Neely Road between Ninth and Tenth streets to repave. The Tenth-Neely intersection (AAFES gas station) will remain open throughout the work. The 9th-Neely intersection will be closed for the duration of the project. Work is expected to continue through Sept. 16. Motorists are encouraged to use Gaffney Road or Alder Avenue. For more information, call the Directorate of Public Works, 361-4753.

PREVENTIVE MEDICINE

Arctic Health Link offers an online, Self Care Class to enable Army Families to receive over the counter medications from the pharmacy at no charge. Find the link by clicking Arctic Health Link at [www.alaska.amedd.army.mil](http://www.alaska.amedd.army.mil). Arctic Health Link aims to decrease medical appointments by providing preventive health education along with community outreach programs. AHL provides the “link” for beneficiaries to other agencies on Fort Wainwright that provide community health resources and education. Arctic Health Link is a part of Preventive Medicine in Building 4077, across the parking lot from Bassett Army Community Hospital. For more information call 361-4148.

THRIFT STORE

For children’s clothes, coats, boots, uniforms, sports and recreational equipment, check the Thrift Store. The Thrift Store is located on the corner of Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

JOB TRAINING

Applications for the 2013 American Red Cross Dental Assistant Training program are available at the Fort Wainwright Red Cross office. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least

20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at [www.myarmyonesource.com](http://www.myarmyonesource.com). Packages are due by Sep. 28. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year’s Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

TOOLS FOR CHILD’S SUCCESS

Preparing for the Journey: Giving Your Young Child a Head Start on the Road to Academic Success - Parent Conference is a course for parents of children birth through age 5. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. Kindergarten readiness will also be addressed. Participants will receive the Military Child Education Coalition book, “Chart Your Course: Preparing for the Journey,” along with other early literacy resources. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. The free class is offered by the Military Child Education Coalition. The class is scheduled for 9 a.m. to noon Sept. 12. Register for the free session online at [www.planetreg.com/E72619392408320](http://www.planetreg.com/E72619392408320).

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

SUCCESSFUL STUDENTS

Chart Your Course for Success in High School and Beyond Seminar for parents and their middle and high school students which will focus on a suggested curriculum that will insure both an on-time graduation (despite multiple school transitions) and a competitive resume for college applications. Research indicates that planning for post-high school education needs to begin in middle school. The college application process, admissions portfolios, and financial aid will be addressed. Participants will receive a Chart Your Course kit which includes a planning guide, a calendar outlining college admission and financial aid tasks and an interactive DVD. The free class is offered by the Military Child Military Child Education Coalition, Sept 12. The class is open to parents and their teens. Register at [www.planetreg.com/E72619392408320](http://www.planetreg.com/E72619392408320).

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly are and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians as-

sembly in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889. Questions and concerns about divorce are addressed

DIVORCE BRIEFING

at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534. Help for abused and neglected children is available

PREVENT ABUSE AND NEGLECT

locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at [www.myarmyonesource.com](http://www.myarmyonesource.com). Family members of active and retired military can

MILITARY CHILD, FAMILY THERAPY

consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099. Fort Wainwright’s official Facebook page for instal-

OFFICIAL INFORMATION

lation news and events can be found at [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO). Submit a photo, place a post event or class on the

ALASKA POST SUBMISSIONS

calendar, send an email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) no later than close of business Monday prior to the print week. Please include the name of the event or class, date, time, location and a contact phone number or email. For display advertising contact the Fairbanks Daily News- Miner at 459-7548.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) or call 353-6780

NEWS TIP LINE

SOLDIERS AGAINST DRUNK DRIVING  
*Have a Plan, Call Someone.* 353-6610

PARALYMPICS: Trip a success

Continued from page 5

do it. I’ve never seen something so incredible -- the way they manage, the way they deal with their disabilities.”

Peterson explained he was assigned to the WTU after he experienced an improvised explosive device attack during his last tour in Iraq. He said he developed bad migraines, post-traumatic stress and “couldn’t really function well” in his unit.

Peterson praised the WTU for its commitment to helping soldiers rehabilitate their lives.

“They really helped me out so I could take care of my future,” he said. “They have a lot of great people who help you out. It’s a classy, awesome organization. You couldn’t ask for anything better.”

Sgt. 1st Class Donna Mack, a

senior logistician, said she was especially grateful to the sponsors who helped to make the trip happen.

“I really appreciate the WTU, Wounded Warrior Project and Red Cross for affording us the opportunity to come here,” she said. “We’ve had some exciting times.”

“We saw Big Ben, we went to Buckingham Palace and saw the changing of the guards,” she continued, “and I’m actually in London to see the Paralympics which I’ve never done before. This is a first time for me, so this is a wonderful opportunity.”

Mack said she was inspired by the determination of the Paralympians to continue fighting regardless of their disabilities.

“I have knee issues -- I’ve had three right-knee surgeries,” she said. “To actually see those people

out there going at it, being able to do anything that they wanted to do, that means something to me.”

Mack, who was assigned to the WTU in April, said she injured her knee during a Humvee roll-over accident during training for deployment to Afghanistan. She noted she still deployed, despite her knee ailments.

“This right here is an opportunity to show what I can do as long as I [fight] to reach my accomplishment,” she said of the Paralympic Games.

Mack and two other Soldiers proudly waved signs supporting U.S. Paralympic athletes as they watched the competitions.

“This is to support Team USA,” she said. “The Red Cross in Germany made [the signs] for us, and they afforded us the opportunity to bring them here. Go USA!”

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# Army’s newest general purpose round shows accuracy in rifle competition

**Eric Kowal**, U.S. Army Research, Development and Engineering Command

The Army’s new M855A1 Enhanced Performance Round is performing well under combat conditions in Afghanistan, but how does it stack up during a rifle competition?

The Army recently put it to the test against some of the best marksmen in the world at the 2012 National Rifle Association’s National High-Power Rifle Championship at Camp Perry, Ohio, in early August.

The Army’s newest 5.56mm ammunition was initially fielded to troops in Afghanistan in July 2010 as a replacement for M8855 “green tip” ammo. As green tip ammo stockpiles are drawn down Soldiers will begin using the new M855A1 Enhanced Performance Round, or EPR, for training as well as combat operations.

Rob Harbison, a contractor support-

ing small caliber ammunition capability development at Fort Benning, Ga., competed in the competition at Camp Perry while firing the EPR. This was a special event for the Project Manager for Maneuver Ammunition Systems and the Army’s Maneuver Center of Excellence as it was an opportunity to showcase the capabilities of this new round.

“We felt that we had an excellent opportunity in Rob to put the M855A1 EPR in the hands of a veteran of the Camp Perry national competitions,” explained Lt. Col. Philip Clark, the Army Product Manager for Small Caliber Ammunition. “We had every confidence that his abilities, coupled with what we know to be quality ammunition, would yield positive results.”

An act of the U.S. Congress established the National Shooting Matches in 1903 to promote rifle practice and firearms safety. The competition is open to military and

civilian competitors, and has been hosted by Camp Perry, a National Guard training center in Ohio, since 1907.

The matches are co-administered by the Civilian Marksmanship Program, or CMP, and the National Rifle Association. The National Matches are the premier shooting competition in the United States, and draw the best competitive marksmen in the country.

The competition began July 30 with the CMP’s President’s match. The President’s 100 is a 30 shot match fired in one day. Competitors fire M16-series or M14 series (and civilian equivalent) weapons at 200, 300, and 600 yards at bull’s-eye targets.

The top 100 competitors are considered to be “in the President’s 100” for that year. Harbison placed 169 out of 1,242 of the world’s finest marksmanship competitors on that day, putting him in the top 15 percent.

The competition would then pick back up Aug. 5-10, with the NRA National High Power Rifle Championship. This is a much less restrictive competition which allows the use of “unlimited” rifles with modified sights, custom stocks, high performance calibers and other ergonomic improvements over standard issue military service rifles.

Harbison finished 86th of 385 competitors, and 46th (17th civilian) of 200 marksmen competing with an M16-Series weapon.

Throughout the competition, Harbison had several noteworthy performances, including firing a perfect 200 points in the Coast Guard Trophy Match, which is 20 shots fired from the sitting position at 200 yards. He also finished 17th overall in that match (of 385 competitors), finishing in the top five percent.

Also of note Harbison scored a perfect 100 on the final string of ten shots dur-

ing the Air Force Cup Trophy Match, fired at 600 yards from the prone position. That is 10 shots in a row within the 12-inch, 10-point ring at 600 yards with combat ammunition.

While at Camp Perry, Harbison discussed the new round with his fellow competitors, and answered questions about the new ammunition.

Harbison was happy with the performance of the EPR, with his scores showing that the Army’s newest general purpose round is accurate enough to go toe-to-toe in this competition with the best ammo that can be bought or hand-loaded.

“Using the Army’s newest general purpose ammo was not a hindrance in this competition,” Harbison said. “When I did my part, the M855A1 was right on target all week.”

“I don’t think I could have scored any higher if I was using match-grade competition ammunition,” Harbison added.

**COMPARISON TO THE M855**

The EPR contains an environmentally-friendly projectile that eliminates up to 2,000 tons of lead from the manufacturing process each year in direct support of Army commitment to environmental stewardship. This is a clear example of how “greening” a previously hazardous material can also provide extremely beneficial performance improvements.

There are three main areas in which the new round excels: soft-target consistency, hard-target penetration, and the extended range at which it maintains these performance improvements.

According to Army officials, the M855A1 represents the most significant performance leap in small-arms ammunition in decades.

Video of Harbison’s performance at the competition can be viewed at <http://youtu.be/yVZJ-DEKNR0>.



Rob Harbison, a contractor supporting small caliber ammunition capability development at Fort Benning, Ga., pulls targets for another shooter at the National Rifle Association’s National High-Power Rifle Championship at Camp Perry, Ohio, in early August. (Photo by Eric Kowal/RDECOM)



The Enhanced Performance Round fired by Rob Harbison, a contractor supporting small caliber ammunition capability development at Fort Benning, Ga., at the National Rifle Association’s National High-Power Rifle Championship at Camp Perry, Ohio. (Photo by Eric Kowal/RDECOM)

## In honor of a veteran



Thirteen U.S. Army Alaska Soldiers (12 from Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division and one from the 9th Army “Arctic Warrior” Band) traveled from Fort Wainwright to Healy Lake aboard a CH-47 Chinook with aviators from 1st Battalion, 52nd Aviation Regiment, August 18, to provide military honors for Paul Kirsteater, a World War II veteran who served in the Army Air Corps, both in Africa and the Aleutian islands, spent time as a prisoner of war and stayed in Alaska following his discharge. Before the ceremony, family and friends gathered to share stories about Kirsteater and afterwards enjoyed a “potlatch” dinner with those who came out to celebrate his life. Gone but never to be forgotten, a feature-length article will be published in an upcoming issue of the Alaska Post. (Photo by Trish Muntean/Fort Wainwright PAO)